CondomUse

**1.** Demonstrate how to put on a condom and how to remove it. Give everyone a condom and ask them to practise putting it on a penis-shaped object like a banana.

**2.** Make sure that everyone can do it well.

A picture containing shirt

Description automatically generated

Do not try to put the condom on until the penis is erect.

Once the man has released sperm, he must hold on to the condom in case it slips off.

Hold the air bubble on the end of the condom and pinch it so that no air gets in. Gently roll it down the length of the penis.

CondomUse

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| Do’s | Don’ts |
| **DO** use a new condom every time you have sex | **DO NOT** use a condom more than once |
| **DO** check the expiration date | **DO NOT** use two condoms at the same time. The friction between the condoms may cause them to tear |
| **DO** open the packet carefully, taking care not to break the condom with your nails | **DO NOT** use the condom when the packet is ripped or damaged. |
| **DO** use lubricant if you wish to use reduce friction during sexual intercourse. | **DO NOT** use Vaseline or other oil-like lotion because it makes the condom burst. |
| **DO** take the condom off after use, wrap it up and throw it away safely. Put it in a bin, pit latrine, bury it or burn it. | **DO NOT** throw condoms in a toilet or sewage system latrine. |
| **DO** keep condoms in a cool place, not in the sun |

Note: These Do’s and Don’ts are adapted from: International Rescue Committee (2015) Girl Shine part 2 (p.143).